



# JBLM FAP Weekly Play Groups



## Talk & Play

(6 wks - 12 mos)

**Wednesdays | 10:30-11:30 am**  
**Raindrops & Rainbows** (Lewis North)

Meet new parents, develop relationships, and have great conversation while stimulating your baby's development through play. A NPSP group facilitator introduces a hot topic related to parenting or baby development. Bring your own ideas for conversation.

### Monthly Topics



#### January

Achoo!  
Illness in Infancy

#### April

Who am I now?  
Motherhood &  
Self-Identity

#### July

The 4th  
Trimester

#### October

You're feeding  
me what??  
Nutrition

#### February

Ouch! Don't bite me  
Infant Teething

#### May

Baby Blues &  
Purple Crying

#### August

Growing our Love:  
Bonding &  
Attachment

#### November

Baby Brain:  
Brain Development

#### March

Battle of the Bulge:  
Exercise after baby

#### June

Baby's Here...  
Now What??

#### September

The Power  
of Play

#### December

You & Me & Baby  
Makes Three:  
Relationships



## Toddler Play Group

**Tuesdays | 1:30-3 pm**  
**Escape Zone** (McChord Field)

Toddlers (1-3 yrs) socialize in a comfortable atmosphere and learn new ways to communicate. Parents receive support from other parents about resources in the area, parenting tips, sleeping routines & more.

## Baby Play Group

**Thursdays | 1:30-2:30 pm**  
**Raindrops & Rainbows**  
(Lewis North)

Parents and infants (0-12 mos) begin socializing & learning new ways to communicate. Parents may benefit by receiving support from other parents.



## Mindfulness for Toddlers

**1st & 3rd Tuesdays | 10:30-11 am**  
**Raindrops & Rainbows**  
(Lewis North)

A happy interactive half hour to help 2 ½ - 4 year olds manage emotions through mindfulness exercises.

## Playmorning

**Fridays | 10:30-11 am**  
**Raindrops & Rainbows**  
(Lewis North)

A lovely laid back atmosphere for parents & 1-4 year olds to begin socializing with one another. Toddlers learn through music & playtime (we have bubbles!). Parents receive support from NPSP Staff.

Joint Base Lewis-McChord  
Directorate of Personnel  
& Family Readiness

**JBLM DPFR**

Your Community Navigator

NPSP (253) 967-7409

[jblmdpfr.com](http://jblmdpfr.com) | (253) 967-7166



JBLM | DPFR Family Advocacy Program

# Classes for Parents

## **Baby Boot Camp**

*One 4-Hour Session*

**Are you an expectant parent, or have infants and/or toddlers?**

Join us for this interactive class and learn how to take care of a newborn, understand developmental stages, how to care for a sick child, and more!

## **1-2-3 Magic**

*Four 2-Hour Sessions*

**Who's in charge at your house? Join us for this free class & learn how to:**

- Discipline without arguing, yelling, or spanking
- Control obnoxious behavior
- Handle the 6 kinds of testing & manipulation
- Strengthen your relationship with your child

## **Recipe for Postive Parenting**

*One 2-Hour Session*

**Is there a difference between discipline and punishment?**

Learn to be successful in using both in appropriate ways, as well as what other relationship variables are needed to be a confident parent based on your child's developmental and age needs.



Register for classes online at:  
**jblmdpfr.timetap.com**

*under "FAP Parenting Classes"*

*Childcare vouchers available upon request*

## **Mindfulness Parenting**

*Four 1.5-Hour Sessions*

**Do you feel overwhelmed or are you parenting alone? Is parenting stressful to you?**

Join us and learn of resources, information, and mindfulness skills that help decrease the stress of parenting. We will explore ideas to enrich your day-to-day life with your Family.

## **Infant Massage**

*Two 1-Hour Sessions*

**Bring your infant to this workshop and learn to:**

- Help your baby eat & sleep better
- Soothe colicky symptoms
- Increase brain development
- Help your baby smile more
- Provide another special way to bond with your new baby

## **24/7 Dad**

*Two 2-Hour Sessions*

**Being the best Dad you can be is the most important kind of home improvement you can do for your Family.**

Whether you're becoming a new Dad or you're a Dad already, join this workshop and learn what you can do for your Family.

## **StepParenting: Keeping it Sane!**

*Two 2-Hour Sessions*

**Learn skills to build a successful stepfamily.**

*Topics Include:*

- Family Histories / Values
- Healthy Boundaries
- Non-Violent Techniques
- Communication
- Loyalty Conflicts
- Power Struggles
- Loss & Grief

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## **5 Love Languages for Children**

*One 2-Hour Session*

**Discover how to speak your child's love language.**

This class is for parents of children 5-12 years old who want to learn ways to understand their children's love languages. Build a solid foundation for your child to trust you and flourish as they grow.